

2 REDEYE | WEDNESDAY

» Sign up for belly dancing at Brides Run



To train

Women can take weekly exercise classes ranging from strength training to belly dancing from 6 to 7 p.m. on Thursdays throughout January at Brides Run Fitness Studio (112 W. Grand Ave.). The cost is \$15 per class at **bridesrun.com**.

To meet

"Wicked" lovers who have seen the show at least six times can meet Elphaba and Glinda after the 7:30 p.m. performance on Jan. 14. To be eligible, use the code "FAN" when you buy tickets and bring past stubs with you.

To dine

Watch chef/owner Jonathan Fox prepare pizza, sample potential new menu items paired with wine and learn more about your food at 7 p.m. Wednesday at La Madia (59 W. Grand Ave.). \$35.

To style

If you're preparing for a big night out but are crunched for time, visit Brilli Salon (3334 N. Ashland Ave.) for hair and makeup services (\$7-\$48) that take 15 minutes or less.

txtable



Aye, aye caption



Text us a funny caption for the photo above and we'll print the best in a future RedEye. To give it a shot text the word "caption" followed by your brief caption and your name to 47383. Good luck!

TUESDAY'S WINNER "OMG-we're wearing the same suit!" -C.L.

What's the deal?



Get your kicks Bringing new meaning to the

term "fire sale," the Chicago Fire has cut prices on some of its 2009 season ticket packages to as little as \$99. That gets you general admission to 15 Major League Soccer games in the terrace level. (Last year, the packages for terrace level were assigned seats to 20 games, and at a cost of up to \$620!) So you'll still have plenty of cash for snacks and team merch. And for fans who need to smell the grass the game is played on, the Fire also cut the price of its prime Center Circle seats (20 games guaranteed) to \$700 from \$820. For information on these and other Fire ticket packages, visit chicagofire.com or call 888-MLS-FIRE. »Got a deal that you want to see in RedEye? E-mail ritaredeye@tribune.com.



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clouds





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ENIEDS **Burris turned away** from Senate as new **Congress opens**

Associated Press

WASHINGTON Roland Burris tried to take President-elect Obama's Illinois Senate seat Tuesday but failed in a scripted piece of political theater staged just before the opening of the 111th Congress.

"Mr. Burris is not in possession of the necessary credentials from the state of Illinois," declared Senate Majority Leader Harry Reid of Nevada.

Burris, 71, earlier confirmed that Secretary of the Senate Nancy Erickson had informed him in a private meeting that his credentials lacked a required signature and his state's seal.

He said he had been advised that "I would not be accepted, and I will not be seated, and I will not be permitted on the floor."

He spoke to a crowd of reporters who had followed him across the street for a news conference in a cold and steady rain outside the Capitol.

The former Illinois attorney general said he was "not seeking to have any type of confrontation" over taking the seat that he was appointed to by embattled Gov. Blagojevich. But Burris also said he was considering a federal lawsuit to force Senate Democrats to seat him.

It was a distraction for majority Democrats eager to project an image of progress with Obama on an economic stimulus package estimated to cost as

BURRIS GOING TO SPRINGFIELD

Burris is scheduled to appear Thursday before the Illinois House panel looking into the impeachment of Blagojevich. Burris' spokesman confirmed the appearance. The appearance follows a subpoena issued by the committee at the request of Rep. Jim Durkin, the GOP spokesman on the committee. Durkin has maintained Burris needs to explain to the committee how the appointment unfolded.

much as \$800 billion.

Democrats and Obama have said that the corruption charges against Blagojevich would strip credibility from anyone he appointed to the seat.

Blagojevich denies federal accusations that he tried to sell Obama's seat.

In a written statement following Tuesday's action, the governor said allegations against him shouldn't be held against Burris, whom he called a "good and decent man."

"The people of Illinois are entitled to be represented by two senators in the United States Senate," Blagojevich said.

That Erickson turned away Burris was no surprise; Senate Democrats had warned that if Burris showed up to be sworn in on Tuesday without the signature of the Illinois secretary of state, he would be turned away. That's just what happened.



Roland Burris (center) is escorted out of the Capitol on Tuesday by Sergeant at Arms Terry Gainer (left). Burris was appointed by embattled Gov. Blagojevich and was turned away. NANCYSTONE/TRIBUNE

Apple cuts copy protection, prices on iTunes

Associated Press

SAN FRANCISCO Apple closed its final appearance at the Macworld trade show Tuesday by cutting the price of some songs in iTunes to as little as 69 cents and disclosing that soon every track will be available without copy protection.

Apple's top marketing executive, Philip Schiller, said iTunes songs would come in three pricing tiers: 69 cents, 99 cents and \$1.29. Record companies will choose the prices, which marks a significant change, since Apple previously made all songs sell for 99 cents.

Apple offered the record labels that flexibility on pricing as it got them to agree to sell all songs free of "digital rights management" (DRM) technology that limits people's ability to copy songs or move them to multiple computers. By the end of this quarter, all 10 million songs in its library will be available without DRM. The iTunes updates marked the highlights of Schiller's stand-in for CEO Steve Jobs, who used to make Macworld the site for some of Apple's biggest product unveilings. But Apple said last month that Jobs would not address the throngs this time because the company plans to pull out of Macworld next year.

WHAT ELSE?

Here's a recap of the other announcements.

iWork'09

Apple's answer to Microsoft includes new ways to add animation between slides in the Keynote presentation software. And Apple unveiled a "beta" test version of a Web site for sharing documents, iwork.com. Apple also announced a new app for the iPhone and iPod touch that will control Keynote remotely.

17-inch **MacBook** Pro

Perhaps the biggest twist is the laptop's battery, which is designed to last up to seven or eight hours on each charge and is capable of a longer charging life. But the battery will be sealed inside and serviceable by

Apple.

iLife '09

Apple's popular software suite contains iPhoto '09, which can now recognize faces; GarageBand '09 includes interactive music lessons given by popular musicians; and Apple also added more professional video editing features to

iMovie '09.

DID APPLE ROCK YOUR MACWORLD?

We asked Twitter followers of RedEye and RedEye's iPhone blog their reaction to the keynote. Want your say? Sign up at twitter. com/redeyechicago and twitter.com/

Cwardzala (@redeyechicago) I think the new iPhoto is the hit of the keynote. Facial and place recognition? Yes please.

asharachal (@redeyechicago) Very disappointed apple didn't refresh the Mac

atlaua (@iptib) Apple needed a classier and bigger bang to the end of their final keynote. Something like Steve Jobs

streaking or something.

Bloomsday16 (@iptib) That battery life, if true, will be a huge selling point. My poor little ol' ibook is on its last legs (battery life 1 hr max).

COMPILED BY SCOTT KLEINBERG

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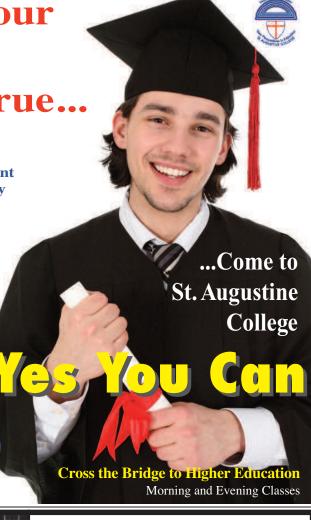
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LOST

Bulls ear warmers On [Jan. 1], my girl-

friend lost her ear warmers that we bought on Dec. 31 during the match of the Bulls vs. the Magic. She's very sad because it is our first trip in Chicago and it was a great souvenir of this very moment that wouldn't happen again before a long time, maybe never at all. As we [went] back to France on Jan. 3, there [wasn't] any possibility for me to buy another one at United Center. It is a black ear warmer with the Chicago Bulls logo on each side. "Bulls" [is written] on the back. [We] would be so grateful to get it back.

–JÉRÙME LEBRUN, 29, FRANCE

Plans to make CTA fine in '09

You could vow not to seat block with your bag. You could swear to have your fare ready well before you board buses. There are many options for rider resolutions that could improve the CTA experience in 2009, so what are yours? On Tuesday, "Going Public" columnist Kyra Kyles shared hers—including not engaging rude transit employees—and riders sent in even more suggestions.

Door to the future

Picture it. You are in an "L" train. You arrive at a station. As the doors open, the 10-degree wind blows through the train car. No one gets on and no one gets off. What's the point? Other subway trains around the world have doors that open individually at the touch of a button, instead of all of the doors at the same time. When will the CTA embrace this little novelty?

-ROBERT FAIRCLOTH, 37, ROGERS PARK

New Year's Evil

I understand that it must be frustrating to work the customer service booth on New Year's Eve, but the CTA employee working at [a] Brown Line stop at 2 a.m. was quite possibly one of the rudest CTA employees of my experience. She continued to let loads of passengers walk up to the platform to stand in the freezing temperatures without telling anyone the train wasn't running anymore.

After waiting for 35 minutes, we asked the attendant if she knew when the train was coming, to which she replied "it's not." When I asked her why she did not tell anyone there wasn't a train coming, she said that she made an announcement a long time ago, and nobody left, so she didn't care.

I asked why she didn't at least post some signs or something on the door, as she was sleeping when we entered the station, so we would know not to waste our time. She responded, "Tell the CTA." Isn't she the CTA? This employee should not be working in customer service.

-LAURA ELSNER, 28, LAKEVIEW

CTA space invaders

I am so glad to see "stay in your lane" as part of the [Going Public's] '09 resolutions. As a woman who has been sat on, smushed and used as a purse/bag rest numerous times, I hope that people start realizing how much room they take and sit accordingly rather than just flopping down into the seat.

A simple use of "excuse me" works wonders too. I'll gladly slide a bit to make someone fit more comfortably if they say that. Here are two more resolutions: Please do not use other passengers as arm rests. I know transit can be extremely crowded, but I've seen people put their arms on someone's head or even worse, their armpits in someone's face. Leaving huge gaps and refusing to move over during rush hour is just plain rude. Taking a step or two over can do wonders, especially when people need to get on so they don't miss a connection.

-KRISTA ROGERS, SOUTHWEST SUBURBS



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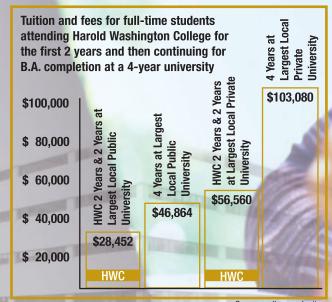
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COVERSTORY REDEVE I WEDNESDAY

HELP STILL WANTED

IN DOWN ECONOMY, SOME INDUSTRIES STILL THRIVING— AND HIRING

By Alexia Elejalde-Ruiz REDEYE

In the nearly three months since Luke Walker was laid off from his job as a radio DJ, he's taken the GMAT and the LSAT, applied to several grad schools, networked through every social media tool imaginable and sent out countless resumes that seem to have disappeared into the Internet abyss.

"I'm throwing everything up against the wall and seeing what sticks," said Walker, 32, who lives in Geneva.

Maybe he should consider taking the MCAT.

Health care is one of the rare bright spots in the tightening job market. While almost 1.9 million jobs were lost nationwide in the year leading up

to November 2008, the health care industry added 369,000 new jobs and education added 107,000, according to the Bureau of Labor Statistics.

txtable

In this tightening job market, what's your situation? Text "jobs" and the number of your answer to 47383. You'll get the poll results instantly. 1) I have a job-for now-but am afraid for my job security. 2) I was laid off and I'm looking for a job. 3) I graduated recently and I'm still hunting. 4) I'm doing something else while looking for the right job. 5) I have a job and am comfortable with my job



Other industries also are thriving in the sour economy, which as of the end of November had seen the ranks of the unemployed swell to 10.3 million. From accounting to insurance to teaching, not all job news is bleak.

At LaSalle Network, a Chicago staffing and recruiting firm based in the Loop, September through November was the best period in the company's 10-year history, said CEO Tom Gimbel. Forty percent of the

\$25 million the company made this year came from those three months, he said.

"It's an every-cloud-has-a-silver-lining type of thing," Gimbel said.

Not only is the staffing firm currently hiring recruiters, but the firm's employer clients also are still hiring plenty, Gimbel said. Technology jobs—such as help desk positions, Web design, programming and management roles—were up 14 percent this year over last; customer ser-

vice jobs were up 38 percent, he said.

Still, it's difficult to land the jobs that are available, he said.

"Companies are hiring, they're just going to be carefully watching who they're hiring and how you're doing," Gimbel said. "You're going to have to work harder when you get a new job than you've ever worked in your life because every employer is watching their dollars and cents."

WHERE THE JOBS ARE

Want out of a sinking industry? In his new book "150 Best Recession-Proof Jobs," released in November, career information expert Laurence Shatkin lists the top jobs according to their projected growth and annual pay. Here's a sampling of the jobs on the list. Alexia Elejalde-Ruiz

COMPUTER SYSTEMS ANALYSTS

Pay: \$69,760 Growth: 29% Openings: 63,166

REGISTERED NURSES

security.

Pay: \$57,280 Growth: 23.5% Openings: 233,499

ENVIRONMENTAL ENGINEERS

Pay: \$69,940 Growth: 25.4% Openings: 5,003

ACTUARIES

Pay: \$82,800 Growth: 23.7% Openings: 3,245

SUBSTANCE ABUSE COUNSELORS

Pay: \$34,040 Growth: 34.3% Openings: 20,821

EDUCATION ADMINISTRATORS

Pay: \$77,740 Growth: 7.6% Openings: 27,143

SPEECH-LANGUAGE PATHOLOGISTS

Pay: \$57,710 Growth: 10.6% Openings: 11,160

COURT REPORTERS

Pay: \$45,610 Growth: 24.5% Openings: 2,620

Travis Wells, 31, was putting his best face forward during a recent job interview at LaSalle Network. Wells, who lives in Palatine, was among 20 people laid off Oct. 15 at Square D, an electrical control and distribution equipment company where he had worked as a purchasing coordinator for three months.

As he sat at a table with his interviewer, Wells was pleased to find out he'd made the first cut for a purchasing position at an international consumer goods manufacturing company based in downtown Chicago.

But the interview also was a reality check. Rather than a permanent gig, the job would be a contract position—a trend in the down economy, Wells' interviewer, LaSalle Network project manager Aaron Helt, told him.

People who have been laid off are harder to place than those still employed, Gimbel said, and it's often better for them to take a job at a lower salary than hold out. It's harder to get a job the longer you're unemployed, he said.

Scott Fischer, president of Esquire Staffing Group downtown, said it's particularly difficult to be picky in this recession, which has affected more industries than any other recession he's experienced.

But while banking, brokerage, engineering and some legal jobs, such as real estate law, are way down, other industries are holding strong, Fischer said.

Banking foreclosure law and intellectual property law are doing well, Fischer said. Nursing is "huge," and one of the hottest areas is home health care for the sick and elderly, he said. Insurance is holding its own, with a strong need for underwriters and customer support positions. And there's always demand for accountants and financial analysts, Fischer said.

For graduating students, careers in information technology, computer science, nursing, pharmaceuticals and teaching are reliable bets, said Darby Scism, director of the Career Development Center at Loyola University. And "the government is definitely hiring," she said.

"Sometimes we have a hard time convincing our students that [the federal government is] a fantastic place to work, but it really is," Scism said. "They're losing a lot of employees to retirement, and once you get your foot in the door it's pretty easy to move around."

While she won't know until the spring career fairs how badly the economy will hurt graduating students' job prospects, Scism



Travis Wells discusses his work qualifications with Project Manager Aaron Helt at LaSalle Network. The company is a job placement firm that acts as a link between employers and the workforce, prescreening applicants before presenting them to the hiring companies.

IF YOU HAVE A JOB

5 ways to keep it

- » Stay plugged in at the office.
- » Perform, Perform, Perform.
- » Make yourself and your boss look good.
- » Don't whine about an increased workload.
- » Document what you do and your rate of success.

IF YOU'RE LOOKING FOR A JOB

5 ways to improve your chances

- » Tell everyone you know that you're out of work.
- You never know where a job lead will come from.
- » Learn about the company and the industry.
- » Seek assistance from networking groups.
- » Look past the biggest, well-known companies. Smaller companies, counselors say, are eager to scoop up talent that they perhaps couldn't attract a few years ago.
- » Stay positive. TRIBUNE

said she has noticed more alumni coming back for networking nights, either because they've been laid off or they see the writing on the wall.

She said the key for these experienced employees is to play up their transferable skills and broaden their idea of what's acceptable to them in a career.

For real estate agent Annie Bauer, 33, that has meant getting a temporary job in sales.

Bauer, who lives in Lakeview, had been selling condos with @Properties since the end of the housing boom in 2005 when she saw her income tank along with the housing market last year. With the help of LaSalle Network, Bauer in November got a part-time temp job in business development with salesforce.com, which sells software for call centers.

"It's good practice," Bauer said.

Walker, the radio DJ, also is surviving on

part-time jobs, working weekends and on a fill-in basis for the The Mix (101.9-FM).

Business school and law school are on the table. And while he'd love a full-time job in radio, he's hoping his media skills could transfer to a public relations gig.

Networking exhaustively through Facebook, MySpace, LinkedIn and Twitter, Walker has made some inroads, but landing something full time remains an uphill climb. During an interview for an entry-level PR job, he was told that, as a thirtysomething, he might have trouble competing with recent college graduates with PR degrees.

He remains optimistic.

"What am I going to do, sit here and miss an opportunity because I'm frustrated?" Walker said. "You just keep going, and maybe something will break.'

AELEJALDERUIZ@TRIBUNE.COM

The face of the job market could change with the new administration.

President-elect Obama has pledged to create or save 3 million jobs over the next two years as part of an economic stimulus package that could cost \$675 billion to \$775 billion. Obama, who originally pledged 2.5 million jobs, upped his goal after dire economic forecasts projected job losses could reach 4 million through 2011 and the unemployment rate could exceed 9 percent.

What kinds of jobs will fare best under this plan?

Peering into their crystal balls, the folks at JobFox, a career Web site, have come up with a list of job sectors they think are most likely to grow as a result of Obama's economic initiatives.

Listed by initiative, these lucky jobs



Construction of roads, bridges, transit and rural broadband

- » Construction managers
- » Project managers
- » Civil engineers
- » Computer-aided drafting specialists
- » Telecommunications engineers



Greater oversight of financial markets

- » Compliance accountants
- » Internal auditors
- » Tax accountants
- » Government regulators



Energy independence

- » Electrical engineers
- » Mechanical engineers
- » Power grid managers
- » Biofuels chemists
- » Sales and marketing



Health care modernization

- » Nurses
- » Information technology specialists
- » Bioinformatics specialists
- » Information security specialists
- » Software developers



Volunteerism and community involvement

- » Social workers
- » Administrators
- » Translators

FUNERAL DIRECTORS

FILM AND VIDEO EDITORS

Pay: \$46,670 Growth: 12.7% Openings: 2,707

PODIATRISTS

Pay: \$108,220 Growth: 9.5% Openings: 648

ECONOMISTS Pay: \$77,010

Growth: 7.5% Openings: 1,555

FIRE INSPECTORS AND INVESTIGATORS

Pay: \$48,050 Growth: 11% Openings: 644

TECHNICIANS, **CONSERVATORS** Pay: \$34,340 Growth: 15.9%

Openings: 1,341

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WGN9 CHICAGO

Winter without fingers (on your gloves)

Chicago Tribune

Two things that are hard to do outside in winter wearing mittens: text and smoke. Hence the return of the fingerless glove, last spotted on Billy Idol and Oliver Twist. Given Chicago's piercing

winters, the concept may seem a little dopey, but the digitless gloves are everywhere this season, in part so the Black Berry- and iPhoneobsessed can stay connected and warm.

Mary Helge has three pairs.

"I'm always texting," explained the 24-yearold Streeterville woman, an independent sales director for Mary Kay cosmetics. The trend includes high-tech incarnations like ThumbWrite Gloves—which have a thin layer of leather over the thumbs for hitting the BlackBerry, handknit gloves in Easteregg blue that grandma might have made, to a lacy, Madonna-esque version that screams "Borderline."

Ian Jarosak, 21, favors a goth-inspired pair—black with skeleton bones—that he fashioned by cutting off the fingers from a pair of snow-boarding gloves he bought in Skokie.

At J. Crew, the men's line of fingerless gloves sold out this year. Tom Mora, the company's vice president of women's design, said the look evokes "street urchins." "Kind of a look you would associate with going to the factory in the early part of the century," said Tom Kolovos, a wardrobe stylist in Chicago.

"This is like the silliest thing in the whole wide world," Kolovos said. "It's cold, you need protection from the elements."



How much would you pay for a G-Rod-inspired burger complete with cheese and bologna?

Chicago Tribune

The #!@%ø Blagojevich Burger at Kuma's Corner is a &%\$! valuable hamburger. This thing is &!%\$ golden.

They're not just &^%\$# giving it away. It costs \$10. But as a note on the chalkboard of this popular Avondale burger joint on Chicago's Northwest Side makes plain: "Price is negotiable." Which is generous, for the #!@%ø Blagojevich Burger—also known as the "Bleeping Blagojevich Burger"—is genius, not merely named in honor of Gov. Blagojevich, with a vague metaphorical connection, like most sandwiches named for politicians or celebrities.

The #!@%ø Blagojevich is deeply evocative of the man. Or so we hear.

It is the invention of Kuma owner Michael Caine, who once sold a Chicago City Council Burger, topped with foie gras. That was much tastier. But then, &*!% 'em: The Blago begins with a roounce patty, a feisty foundation that remains nonetheless in the

&#@\$ background, marrying well with the *&^@# condiments; the patty is best ordered pale pink for maximum evocativeness. Next, the burger is topped with a very thick slice of bologna, ensuring every bite of beef is undercut by a mouthful of salty, startlingly bold baloney.

The grandest touch, however, is the "bun." Burger and bologna are held between grilled cheese sandwiches of Wonder Bread and processed American cheese.

The grace note: yellow mustard, squirted into the shape of a dollar sign.

For the record, it went down surprisingly smoothly. However, once we picked off the bologna, we were left with a lot of cheese.

Caine has sold about 70 since last week, and he won't take less than \$10.

"But if you want to pay more, sure."

This is, after all, a &%\$! valuable hamburger.

So much for saving on plowing

Chicago Tribune

The city's attempt to save money by waiting until regular working hours to plow snow on side streets will cease this month and next, a top aide to Mayor Daley said Tuesday.

"Now that we're into the extreme weather months of January and February, we know we are going to have to plow snow and spread

salt as we always have," Streets and Sanitation Commissioner Michael Picardi said. Picardi, whose department was bombarded last month with complaints about snow plowing, was testifying at a City Council committee hearing called because of the complaints.

Saying Chicago spent \$33.7 million last year to handle snow, Picardi said an attempt was

made to save money by not plowing side streets overnight when workers get overtime pay.

"We looked to address the side streets during straight time hours," Picardi said. "It's something we tried early on to save some money."

But overnight freezing on side streets made it tough, and sometimes impossible, to clear side streets the next day, he said. 10 Chicago from news services REDEYE I WEDNESDAY



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POST-HOLIDAY CHEER

CDOT employee George Jackson peers out of the tower on the Michigan Avenue bridge Tuesday as he prepares to remove one of the four giant Christmas wreaths. CHRIS WALKER/TRIBUNE

'45-second Bandit' sought

The FBI on Tuesday asked for the public's help in finding a man believed to have robbed four Northwest Side banks since October, the FBI said in a news release. He's dubbed the "45-second Bandit" for his demand that bank employees comply with his demands within 45 seconds. Anyone with information should call the FBI's Chicago office at 312-421-6700



Elias Munoz

Alderman's father sentenced

Elias Munoz, father of Chicago Ald. Ricardo Munoz, was sentenced Tuesday to four years in prison for his role in a fake ID ring. During a two-hour hearing, government attorneys linked Munoz's pictures to other

ID scams in Chicago. Munoz, 63, who owned a photo studio inside a Little Village outdoor mall where the international ring was based, pleaded guilty last year to charges of criminal conspiracy.

Lincoln Park stabbings

Two people were stabbed—and one of them severely injured—after an argument Tuesday morning on a Lincoln Park street. The stabbing occurred about 12:30 a.m. in the 2500 block of North Lincoln Avenue. Police said several people were involved, but don't know what led to the initial altercation.

Man found dead in Lakeview

Police were investigating the death of a 43-year-old San Francisco man who was found unresponsive, possibly with head trauma, last week in a Lakeview condominium building, authorities said. Police were called to the building for a "well-being" check and found Joseph Killilea unresponsive, Chicago Police Sgt. Antoinette Ursitti said.

RATIONAL INQUIRER

What's up with the non-working radiators inside the LaSalle and Van Buren station?

CTA rider Jon Peck wrote with a burning, or in the case of these radiators, not-so-burning question.

"Can you ask the CTA why the radiators at this station are never on?" Peck, 25, wrote. "I appreciate being able to wait indoors, but why have two of these if they don't operate even on days [when] the temperature is under O [degrees] outside?" CTA spokeswoman Sheila Gregory said the radiators are "original to the station, which was built in 1897, and are not functional." The process to remove them is too costly at this time, according to Gregory. She added that there is a working overhead heater inside the station, and two outdoor overhead heaters, one on each side of the platform.

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general, the cable news network said Tuesday.

Boy, 6, crashes car

A 6-year-old boy from Wicomico Church, Va., who missed his bus tried to drive to school Monday in his family's sedan—and crashed. He suffered only minor injuries, but he went on the wild ride while his mother was asleep.

Stocks rally

Wall Street brushed off more bad economic news Tuesday and finished with a rally that left stocks at their highest levels in two months.

Baby thrown away

Police searched garbage dumps in New Jersey and Pennsylvania on Tuesday for the body of a baby apparently thrown out with the trash at a Jersey City hospital sometime in the past two weeks.

5 30 die in shelling

Israeli mortar shells struck outside a UN school where hundreds of Palestinians had sought refuge Tuesday, killing at least 30 people-many of them children whose parents wailed in grief at a hospital filled with dead and wounded.

6 France concerned

Alarmed by a firebomb attack on a synagogue, French leaders in Paris expressed concern Tuesday that strong feelings over the Israeli offensive in Gaza could lead to street violence and increased tensions between Muslims and Jews in France.

Deadly landslide

Rescuers ended their search Tuesday for victims of a massive landslide that tore down a mountain and buried a northern Guatemalan highway, killing at least 35 people.

Obama's stepgrandmother to attend inauguration ball

WASHINGTON President-elect Obama's Kenyan stepgrandmother will be among the millions of people in Washington for the inauguration.

Sarah Obama, the stepmother of Obama's Kenyan-born father, will join representatives from the Kenyan government, African Union and African diplomats for an unofficial inaugural ball on Jan. 20, organizers said Monday. Kenya's foreign minister and the Boys Choir of Kenya also plan to travel to the U.S. for the invitation-only event at a Washington-area hotel.

Obama was born in Hawaii to a white

THE SARAH OBAMA CHRONICLES

Sarah Obama lives in a house in the western Kenya village of Kogelo without electricity and speaks only the local Luo language and some Swahili. She has visited the U.S. twice.

mother from Kansas and a black father from Kenya. Obama's father left when he was a child and died in 1982. Obama was not especially close to his African family, although he last visited them on a 2006 trip to Kenya. Obama referred to Sarah Obama as "Granny" in his memoir.

In "Dreams from My Father," Obama described meeting Sarah Obama during his 1988 trip to his father's homeland, earning a handshake as a greeting and awkwardness as they struggled to communicate.

"Our mutual vocabulary exhausted, we stared ruefully down at the dirt until (halfsister) Auma finally returned," Obama writes in "Dreams from My Father."

"And Granny then turned to Auma and said, in a tone I could understand, that it pained her not to be able to speak to the son of her son."



Shoe fly

Processes a huge shoe Protesters hurl effigy toward the Israeli Embassy in Manila's financial district Tuesday in continuing protest against Israeli attacks in Gaza. Protesters condemned both Israel and the U.S. for the alleged "brutal and bloody all-out military invasion of Gaza" and urged the UN to sanction Israel for bombings. AP PHOTO

Tap closed on free beer

ORLANDO There are no free lunches in life, but one could always count on free beer at Anheuser-Busch theme parks. Until now.

The brewer has stopped giving free samples in hospitality centers at its SeaWorld theme parks in Orlando, San Antonio and San Diego and its

Busch Gardens parks in Tampa and Williamsburg, Va.

A spokesman said the free samples had a narrow appeal among park customers. The brewer plans to build more restaurants and other venues geared toward families with children.





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14 REDEYE I WEDNESDAY

sports





We asked RedEye's Twitter followers—all 2,425 of them—what event, team or athlete they are most looking forward to seeing in 2009. Here are some of the best. Play for Team RedEye at **twitter.com/redeyechicago**.

allanschoenberg "The Chicago Cubs on my Wii–I will make them win the World Series dammit!!"

amartindesign "009 SEC football season."

laneka "Chicago sports teams are the worst, they never win, the whole city gets let down every year by them"

Egspoony "My co-worker is throwing a 'soup in a bowl' Super Bowl party, so Super Bowl for sure! White Sox too, because they are the team!"

aubs984 "I am counting on Robbie Gould and his right foot to save the Bears again and again in 2009."

julierubes "It's a toss-up: I hope the Blackhawks make the playoffs b/c I'll be there. Also when the Mets come to town in August—go Mets."

kwells2416 "Of course it is my Cubbies ... I live in the 'home of the free, land of the brave and the doormat of the National League."

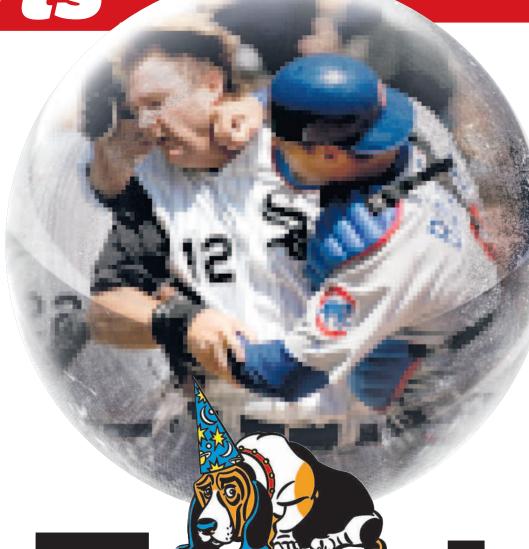
AJ_Love "Looking forward to the Milwaukee Brewers season, and especially Ryan Braun's continued development as one of the best in MLB."

Cschwarz "I'm looking forward to watching Kerry Wood close up a few games, and DeRo for some eye candy ... Whoops, never mind!"

goldentrain "BALTIMORE RAVENS!"

ondraceka "The Cubs! Oh wait that's not true. Still waiting for my heart to heal from the little league world series loss (a.k.a. playoffs)."

COMPILED BY SCOTT KLEINBERG



reat preview

With a mostly disappointing 2008 passed, Whizzer takes a look at '09 sports

By Whizzer

I've closed the book on 2008. Well, I still may be paying off some sports debts for a bit, but that's beside the point. ¶ I'm ready for a whole new year of sports filled with a whole new set of disappointments with a few successes sprinkled in just to keep us interested. ¶ Here now, my—very brief—preview.

JANUARY

18 NFL CONFERENCE CHAMPIONSHIPS

Just because the Bears are out of it doesn't mean you can't enjoy quality football.

25 NHL ALL-STAR GAME

Three Blackhawks will be there. Yes, Chicago has bona fide hockey all-stars.

FEBRUARY

1SUPER BOWL

Last year the game was better than the commercials. Let's hope the commercials rebound this time around.

15 NASCAR DAYTONA 500

This race in sunny Florida screams "spring." Reminds you better weather days are ahead. It reminds me of drunken days with ... I'll stop now.

15 NBA ALL-STAR GAME

Sorry, Bulls, Derrick Rose cannot bring guests with him.

MARCH

15 SELECTION SUNDAY

March Madness. Enough said.

19-23 NCAA TOURNAMENT FIRST ROUND

Perhaps the greatest four days in sports on any level.

APRIL



6 WHITE SOX HOME OPENER VS. KANSAS CITY

And so it begins ... the parade of Ozzie Guillen curses, that is.

NCAA TOURNAMENT CHAMPIONSHIP GAME

It's in Detroit. Don't let that stop you from enjoying it.

9-12 THE MASTERS

There's no way golf can top last year's U.S. Open with Tiger Woods winning on one good leg—unless Woods is playing for the title here.



13 CUBS HOME OPENER VS. COLORADO

Lou Piniella will throw his first tirade of the season—before the second inning.

15 STANLEY CUP PLAYOFFS BEGIN

I don't want to jinx anything, but the Blackhawks should have a solid run to the Stanley Cup finals. Sorry, I just jinxed it.

18 NBA PLAYOFFS BEGIN

No Bulls allowed.

25-26 NFL DRAFT

See your future Bears disappointment before reality smacks him in the face.

19 NBA DRAFT LOTTERY

The Bulls might have a chance at getting the No. 1 pick again. That's good and bad news. Good: Impact player. Bad: Your team was abysmal to get it.

24 INDIANAPOLIS 500

Now that open-wheel racing has merged, it should be back to Indy's good of days. Meaning, it'll be the biggest party around, with a racing sideshow.

SKY HOME OPENER **VS. ATLANTA**

Olympic gold medal winner Sylvia Fowles and Co. play the best pro basketball in the city this year.

15 LAST POSSIBLE DAY FOR THE STANLEY CUP FINALS

Yes, you read that right. Hockey in June.



16-18 CROSSTOWN CLASSIC: WHITE SOX AT CUBS

How many Cubs players will be on the DL at this point?

18 LATEST POSSIBLE **END OF NBA FINALS**

This might as well be called the Celtic Coronation.

22-7/5 WIMBLEDON

Rafael Nadal. He's got game-and great hair.



6-28 CROSSTOWN 2: **CUBS AT WHITE SOX**

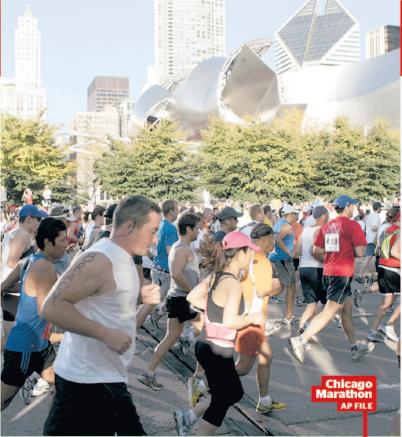
There's no way A.J. Pierzynski and Milton Bradley don't start a bench-clearing brawl.

NASCAR LIFELOCK.COM 400

NASCAR comes to town. Lock up your wife and kids. And your shotguns. And your PBR. And I'll stop now.

4-26 TOUR DE FRANCE

Lance Armstrong goes for No. 8. No, that's not the number of Hollywood hotties he'll date this year. On second thought, it might be.



txtable

CANINE HOTLINE

What hope, wish or prediction do you have for Chicago sports in 2009? Send Whizzer your thoughts via e-mail to redevesports@tribune.

com or just text "whiz" and your comment followed by your name, age and neighborhood to 47383.

AUGUST

29 IRL PEAK ANTIFREEZE **AND MOTOR OIL INDY 300 IN JOLIET**

Racing for the wine and cheese crowd. Yeah, I know, no one will be there.

10 NFL REGULAR **SEASON BEGINS**

Let's make one thing clear: The Bears should be Matt Forte's team. Sexy Rexy or Kyle Neckbeard can go join the WWE for all I care.

11 CHICAGO MARATHON

Look for me around Mile 19. I won't be running, I'll be sitting in the shade behind that mailbox. I love marathons.

27 WORLD SERIES BEGINS

Chicago looks on with jealousy. Oh, don't pretend you think the Cubs or Sox-or bothwill make it. This is Chicago, people.

1 NEW YORK CITY MARATHON

Even with four legs, I couldn't do this.

7-10 BASEBALL'S WINTER **MEETINGS IN INDY**

The Cubs and Sox search for the right pieces to finally get them over the hump. And so the cycle continues ...

These guys will be gold in '09

The corpse of the fantasy football season is still warm, but some of us already have a date in late September circled on our calendars when next season's drafts will start again. In the words of Mark McGuire: "I'm not here to talk about the past." My sentiments exactly, except Dr. Fantasy isn't trying to hide from steroids allegations. I'm just ready to dust off my crystal ball and look ahead to fantasy football 2009.



TOP 5 PICKS IN 2009

Michael Turner RB

Hard to dislike "The Burner." He rushed for 1,700 yards and 17 TDs in his first full season as a starter. Adrian Peterson may be more talented, and DeAngelo Williams scored more touchdowns in '08, but they are crippled by a lame offense and a running back committee, respectively.

Adrian Peterson RB

Watching him make a long run is like seeing a sleek, unbridled pony gallop along the beach at dusk. It's majestic, it's breathtaking and ... sorry, I need to calm down. Bottom line: Peterson is the best in the league, and if he played in a decent offense, he could run for 3,000 yards.

DeAngelo Williams RB

After a few seasons of being labeled a disappointment, Williams broke out in a big way in '08, becoming the top-scoring back in fantasy. He's had only one good year, and Jonathan Stewart is breathing down his neck, but DeAngelo looks insanely promising. If only he'd officially change his name to D-Willy.

Drew Brees QB

Brees threw for more than 5,000 yards this season. This is likely more than Rex Grossman has thrown in his lifetime (including touch football games at family picnics). Some people don't like taking QBs this high, but the Saints have more weapons than Batman, and there's no reason to believe Brees will drop off.

Larry Fitzgerald wr

Top wideouts had a weak fantasy season, but don't blame Fitz. He pulled in 96 balls for more than 1,400 yards and 12 TDs. His QB situation may be up in the air in '09, but don't let this curb your enthusiasm. D.R. SMITHIS A REDEYE SPECIAL CONTRIBUTOR.

16 five on five

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REDEYE ▮ WEDNESDAY

Tube time

See Jen Patterson on Comcast SportsNet's "Monsters in the Morning," debuting Monday.

help the Cubs?

at SoxFest?

How will Milton Bradley



TRACY SWARTZ tswartz@tribune.com

He could set the building on

BRIAN MOORE brmoore@tribune.com

He'll help them sink the competition's battleship.

Can't wait for the inevitable

It's because that's when the

rest of baseball cooks the

Ozzie Guillen-fan smackdown.

He'll lead the team in three categories: batting average, angry tirades and feuds.

redeyesports@tribune.com

DR. FANTASY

Bobby Jenks. Who doesn't love chubby baseball players?

JEN PATTERSON redeyesports@tribune.com

He already has ... I love the Cubs Monopoly game.

Ozzie Guillen Jr. Mercy!

Why is the baseball offseason called the Hot Stove?

Kurt Warner in a Bears

uniform? Discuss.

Whom are you most

looking forward to seeing

Before going on to greater glory, the first baseball writer was Betty Crocker.

If I wanted a quarterback

with Rex Grossman.

nearing retirement, I'd stick

JIMMY GREENFIELD

jgreenfield@tribune.com

need to be a little crazy.

The players' wives and

girlfriends.

Remember Dennis Rodman?

Steve McMichael? Champions

To remind players to always wear their mitts. No glove, no love.

Barack Obama, I believe

him-in line.

he wants me to get behind

no love.

Cubs for lunch.

Anyone who has spent that

Unless we have

Unless we have Larry Fitzgerald catching his passes, no thanks.

passes, no thanks.

Because teams can easily get burned (Have you SEEN A.J. Burnett's contract?).

Kurt and I will probably both be praying about it in the off-season.

Trick the Lakers into

Ask Peter Gammons, but I think "Warm Bath" would be more fitting.

Not sure if husband and wife matching crew cuts will fly here in Chicago.

The NBA trade deadline is next month. What would you do for the Bulls?

Get rid of Noah and Thomas, and tell the fans they're now on a farm in Wisconsin. Peel Derrick Rose's apples for him. He shouldn't have to produce alone.

much time with Matt Leinart

is used to being tested.

Euthanize them.

Trick the Lakers into swapping entire rosters.

Start Derrick Rose by himself. Five on one. Get rid of the rest of them.



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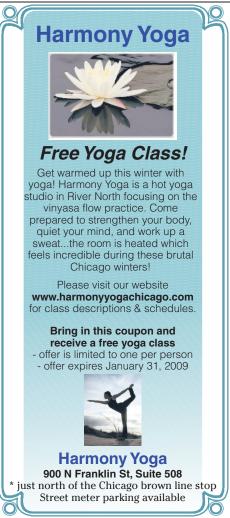
Lincoln Park Campus

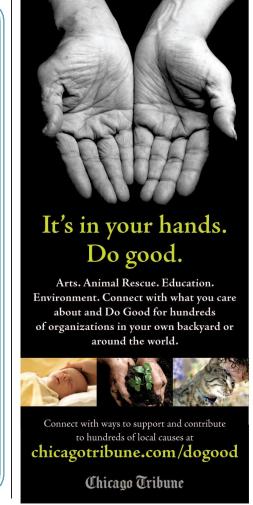
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from news services **shortstops** 17 JANUARY 7, 2009 ▮ REDEYE

Cuban backs off



Cuban

After months of silence about the Cubs, Mark Cuban said he's slowed his pursuit of the team.

In a post on his blog (blogmaverick. com) Tuesday, Cuban said he's still interested in buying the Cubs if the team's owner, Tribune Co., can't work out a deal with the other bidders.

"So when it came down to it, I did what I thought was the only smart

thing to do. I asked for an extension. I knew that if they got the money they wanted for the team, well my bid was not going to be high enough anyway. If they didn't, or the other bidders couldn't come up with their money, they would come back to me," Cuban wrote. "I'm still waiting."

Tribune Co. is close to selecting a winning bid from three it received at the end of November, sources have told the Chicago

Gary Weitman, a Tribune spokesman, declined to comment.



CUBS HITS

Jason Marquis is an ex-Cub, sent to Colorado for former White Sox reliever Luis Vizcaino. Vizcaino struck out 49 batters in 46 innings with Colorado last season and has

allowed only a .183 batting average with runners in scoring position for his career.

HOMETOWN HITS



The Bears fired linebackers coach Lloyd Lee, who was in his first year at the post.



The economic downturn is forcing the University of Illinois to delay plans to build a new basketball arena or refurbish 46-year-old Assembly Hall. » Illinois has introduced Mike Schultz as its new

offensive coordinator. Schultz comes to Urbana-Champaign from TCU.

Tuesday's results

- » Blackhawks 6, Phoenix O
- » Bulls 99, Sacramento 94
- » Bradley 56, Illinois State 52

Wednesday's games

- » Wolves vs. San Antonio, 7 p.m.
- » DePaul at Syracuse, 6 p.m., WWME-Ch. 23

Tulsa 13, No. 22 Ball State 14

Tarrion Adams rushed for 209 yards and three touchdowns Tuesday.

BASEBALL

2 suspended for banned substances

Phillies reliever J.C. Romero and Yankees minor-league pitcher Sergio Mitre, a former Cub, were suspended for the first 50 games of next season after testing positive for a banned substance.

Brees wins award

New Orleans Saints quarterback Drew Brees has won The Associated Press 2008 NFL Offensive Player of the Year award after passing for 5,084 yards and 34 touchdowns.



dog WHIZZER

redeyesports

It's hard to believe. Just one college football bowl game left. No more Fiestas, Roses, Sugars-all gone, just like that. It seems like only yesterday the college football season kicked off. But, here it is, the second week of January and the eve of the BCS championship. Yeah, I never thought it would end either. Good riddance. Here now, my TV picks.





Northwestern at Wisconsin

7:30 p.m. Big Ten . Network This isn't gonna to be pretty, Wildcats





Gonzaga at **Tennessee**

8 p.m. ESPN2 Gonzaga is one of the most overrated teams in history. What have they accomplished?

MARTIAL ARTS

UFC's Ultimate Fight Night: From Las Vegas

8 p.m. Spike Vicious, hard-hitting, brutal-oh, yeah, and the fighting is tough in Vegas too.

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metromix



Resolution

Which path will you take?
5 ways to keep them.
5 ways to break them

KEEP IT

By Metromix staff

You haven't broken your New Year's resolution yet? Congrats! (You're only a week in, so don't overdo the celebrating.) Whether you plan on sticking with it for the long haul or dropping it like an "f-bomb" in a federally wiretapped conversation, we've got some suggestions on what to do.



Healthful options abound at Loop lunch spot Freshii (311 S. Wacker Dr. 312-435-0311),

which opened in August with a menu of customizable eats such as wraps (left), salads and rice bowls. If you're a hard-core calorie counter, Freshii has your number—you can even hit up the Web site and use an online nutritional calculator to add up the damage before you go astray.

Eat better

If you're going to break it, break it big. Skip that cupcake altogether and go straight for the real prize: the frosting. Just-opened cupcake boutique Sugar Bliss (115 N.

Wabash Ave. 312-845-9669) sells frosting "shots," little paper cups of the sugary stuff designed to go directly from the cup to your mouth, for a buck a pop.

Enough with this laziness. Pumping iron is no sweat at the new **PhysioLife Studios** (712 N. Dearborn St. 3rd Floor. 312-255-8308) in River North, where the emphasis is on fast transitions between slow-

motion movements on specialized, resistance-free machines. (In other words: You work out super-slowly but take no breaks.) The spot promises results in only two 30-minute workouts a week (\$59/workout), and a preliminary consultation and mini-workout are free. By appointment only.

Work out more

Eh, who wants to do things like "move" and "lift" and "try." Pretend like you're dining postworkout at Maxwell's at the Club (500 N. Kingsbury St. 312-527-5800 ext. 301), the

newly revamped contemporary American restaurant at the East Bank Club that, for the first time, is open to non-members. If you're concerned with things like "nutrition," the menu includes calorie and carb info for selected items.

Polished sports bar Theory (9 W. Hubbard St. 312-644-0004) served a group of 14 yeagn non-boozers with ease this past weekend, so they can certainly handle your new no-alcohol

mantra. Off-menu mocktails (\$4-\$6) include The Miami Mist (a virgin mojito) (right), a dirty martini garnished with a mini-hairbrush (\$10). You may feel and The Chicago River, a blend of ginger ale, lemonade and tea.

Drink less

Who can swear off drinking with a governor accused of corruption? Head to Sola (3868 N. Lincoln Ave. 773-327-3868) and sip on Da Governor

the need to drink one every day during the impeachment process.

Don't stress over long and chilly outdoor waits at trendy no-reservation restaurants, and call ahead for a seat at **Province** (161 N. Jefferson St. 312-669-9900), chef Randy

Zweiban's new green-minded spot in the West

Loop. Need a nightcap? Reserve a table at **Powerhouse** (215 N. Clinton St. 312-928-0800) for a couple of Bird of Paradise tropical martinis (\$9) and a slice of vanilla bean cheesecake (\$9).

Stress less

Spontaneity counts as a resolution too, right? Throw caution to the wind and squeeze into the bustling, beerfriendly confines of Hopleaf (5148 N. Clark St. 773-334-9851) ... on Saturday night. Toss your

name on the pages-long waitlist in the name of Hopleaf's beersteamed mussels (\$11-\$20) and hunker down for the hour-plus wait with a goblet of Unibroue Maudite (\$5).

Spending less doesn't mean spending nothing. Deleece Grill Pub (3313 N. Clark St. 773-348-3313), the 3-month-old

comfort-food sibling to the original Deleece Restaurant, offers a \$20 three-course menu on Wednesdays and Sundays. The menu changes weekly, but you can always count on a choice of soup or salad appetizer, a steak,

chicken, fish or veggie entree, and a selection of pies for dessert.

Spend less Who's kidding who? Your bank account and questionable job security wouldn't let you break this resolution if you tried. Head to Chickpea (2018 W. Chicago Ave. 773-

> 384-9930), a new delicious Middle Eastern spot (right) with a hipster edge that's quickly become a Metromix staff favorite. There's no booze (money saver) and they won't let you BYOB (another money saver), and you'll be hard pressed to spend more than \$20 a head.

15 hot shows to warm up your winter 27

Need a laugh? Get your fill at Sketch Fest 22

20 REDEYE ▮ WEDNESDAY

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Cougar Thursdays

FREE Admission for ladies 35+ and men with a valid college ID \$5.00 Cosmopolitans \$5.00 Jager bombs \$10 32oz Bacardi Bowls



Bring in this ad for EE ADMISSION FOR TWO

Not valid on holidays or special events.

Monday through Saturday as part of RedEye, an edition of the

For questions, comments and story ideas, contact Matt McGuire, editor. at mmcguire@tribune. com

To submit event information for Metromix or metromix.com, go to metromix.com/listings.



BY REBECCA PALMORE metromix @tribune.com

WEDNESDAY **Big Deal**

Card. please!

Carnivale. 702 W. Fulton St. 312-850-5005.

Dine at this lively

Warehouse District spot and vou'll take home more than a doggy bag. The restaurant offers \$15 gift certificates to all diners throughout January, which you can redeem for food and drink through Feb. 28. Note: Only one card can be used per table, per visit. Find more dining deals in Thursday's Metromix section and online 24/7 at metromix.com

Warming trend

Hideout, 1354 W. Wabansia Ave. 773-227-4433.

Warm fuzzies await you this season if you know where to track 'em down, and this rollicking bar and live music venue's new **Soup and Bread** offering is a sound place to start. Each Wednesday, get a free bowl of soup and show your appreciation with a donation to the Greater Chicago Food Depository. Hideout bartender Anastasia Davies Hinchsliff, pastry chef Celeste Dolan and Swim Cafe take the plunge as the first chefs du soup. Selections and local guest cooks change weekly. 5 p.m. No cover.

Crawl to action

Paddy Long's, 1028 W. Diversey Pkwy.

Leave hibernation to the bears and hit the streets for **Derailed**. The monthly midweek pub crawl hits five Lakeview bars, starting at Paddy Long's. Additional stops include Kirkwood Bar and Grill (2934 N. Sheffield Ave.) and Uncle Fatty's Rum Resort (2833 N. Sheffield Ave.). Includes drink specials and giveaways. 7:30 p.m. No cover. Registration: getderailed.com

thu **Indulge yourself**

Chocolate Grape, 2113 W. Division St.

Already miss the sparkle and shine of the holidays? Keep the party going with Sheque Chicago at Chocolate, **Wines and Beauty Services**. The festive all-girl affair includes

champagne and vino from Barefoot wines, plus manicures, massages, makeovers and shopping opps. 7 p.m. \$25-\$35. Tickets: shequechicago.com

Saving dough

Culinary Studio at Gallery 37, 66 E. Randolph St. 312-742-8497. Is the economy leaving a hole in your wallet and a bad taste in your mouth? Learn how to cook on a budget during a hands-on World Kitchen cooking class, with tips on how to stretch your dollar, cook ahead and do more with less. All skill levels are welcome; wear non-skid shoes and BYO apron if you're charmingly sloppy. 6 p.m. \$30. R.S.V.P. required: cityofchicago.org/culturalaffairs

On the bend

Frog Temple, 1749 N. Damen Ave. 773-489-0890.

Want a smooth transition from work week to workout? Try an hour-long Candlelight Pilates class at Bucktown studio

Frog Temple, where soft lighting and ambient music lend a relaxed atmosphere to the weekly open mat class. All experience levels welcome. R.S.V.P. recommended. 6 p.m. \$18.

HOW TO REACH US | FOR ENTERTAINMENT INFORMATION 24/7, GO TO METROMIX.COM.

Metromix is published Chicago Tribune.

26 W. Hubbard St. www.howlatthemoon.com 312-863-7427

ADOBO GRILL WICKER PARK

Wed.-Thu., Sun.: \$20 for three tacos, a margarita, churros and hot chocolate; 2005 W. Division St. 773-252-9990.

ANGELINA RISTORANTE

5 p.m. Wed.-Thu.: National Spaghetti Day. Special menu features the celebrated pasta with mussels and zucchini, jumbo shrimp and black olives, or baked with meatballs; 3561 N. Broadway. 773-935-5933.

CHINA GRILL

Wed.-Sun.: Complimentary appetizers (5:30-7:30 p.m.), \$7 cocktails; 230 N. Michigan Ave. 312-334-6700.

FRASCA PIZZERIA AND WINF BAR

Wed.: Two-for-one pizzas; 3358 N. Paulina St. 773-248-

JOHN'S PLACE

Wed.: \$3 12-ounce beers, \$4 burgers, \$4.75 cheeseburgers; Thu.: \$4 glasses of wine; 1200 W. Webster Ave. 773-525-6670.

KINZIE CHOPHOUSE

3-6 p.m. Wed.-Fri.: \$2.95 and \$5 bar menus with drink purchase; 400 N. Wells St. 312-822-0191.

LA MADIA

7 p.m. Wed.: Chef's Table. Watch chef/ owner Jonathan Fox and his staff prepare pizza and menu specials, then sample their cooking with wine pairings. Menu features winter mushroom risotto, apple garlic shrimp fondue and house-made sausage rapini pizza, \$35. Reservations required; 59 W. Grand Ave. 312-329-0400.

LAWRY'S THE PRIME RIB

2 p.m. Sun.: "Dirty

Dancing-The Classic Story on Stage" dinner theater package. A themed five-course meal (5:30 p.m.) is offered after a performance of the musical (2 p.m.) at the Cadillac Palace Theatre (151 W. Randolph St.). \$160, includes tax and tip; 100 E. Ontario St. 312-787-5000.

MERLO RISTORANTE

5:30 p.m. Wed.-Sun.: \$27 theater dinner. Includes a choice of appetizer, entree and dessert before or after a theater performance; 2638 N. Lincoln Ave. 773-529-

POWERHOUSE

11 a.m.-2:30 p.m. Wed.-Fri.: \$25 threecourse lunch. Includes a choice of soup/salad/risotto, an entree and "sweet potato donuts" for dessert; 215 N. Clinton St. 312-928-

SHAW'S CRAB HOUSE

Wed.-Sun.: Crab Festival. Seasonal dishes throughout the month include a threecourse family-style crab dinner (\$39.99) and a Dungeness crab dinner (\$29.99); 21 E. Hubbard St. 312-527-2722.

SPRING

5:30 p.m. Wed.-Sun.: \$45 four-course "Everyday Spring" menu, featuring the hest dishes from the restaurant's menu from the last seven years. Items include tuna nicoise, lemongrass-coconut soup, scallops with braised oxtail and peppermint dome: 2039 W. North Ave. 773-395-7100.

TIZI MELLOUL

Wed.-Sun.: \$35 fivecourse prix fixe dinner; Wed.: Halfprice bottles of wine with purchase of two entrees; Sun.: Wine, appetizers and belly

dance performances 6-9 p.m. \$25; 531 N. Wells St. 312-670-4338.

TUSCANY

Wed.-Thu., Sun.: Half-price food for cops, firefighters and teachers; Wed.: \$5 pizzas and martinis; Fri.: 25 percent off bill for Lakeview neighborhood residents; 3700 N. Clark St. 773-404-7700

VIA CARDUCCI

Wed.: Half-price select bottles of wine; Wed.-Sun.: Free appetizers with two entrees; 1419 W. Fullerton Ave. 773-665-1981.

VOLO RESTAURANT-WINF BAR

5-7 p.m. Fri.-Sat.: Buy two small plates, get one free; 2008 W Roscoe St. 773-348-4600

WEST TOWN TAVERN

Wed.: \$15.25 steak sandwich dinner: 1329 W. Chicago Ave. 312-666-6175.

"Top Chef" viewing parties



Between Boutique Cafe and Lounge

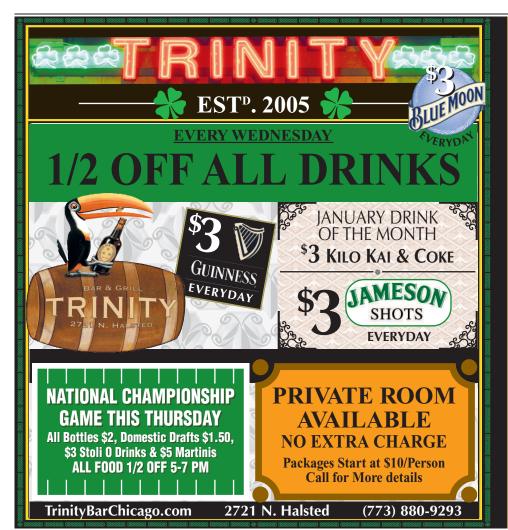
Between chef and "Top Chef: New York" contender Radhika Desai whips up a tasting menu of her favorite dishes during the show. Includes wine pairings. \$50. Reservations recommended. 9 p.m. Wednesday. 1324 N. Milwaukee Ave. 773-292 0585

Kit Kat Lounge and Supper Club

The chef-testants slice and dice on five screens while you sip and sample themed cocktails and menu items at this Boystown standby. Specials include two-forone entrees and half-price select cocktails. 9 p.m. Wednesday. 3700 N. Halsted St. 773-525-1111.

Broadway Cellars

\$5 martinis are the draw at this Edgewater spot. Pick a contestant's name at the door, and if he or she gets eliminated, your meal's on the house. 5900 N. Broadway. 773-944-1208.





Seriously funy

Give your gut a workout at the eighth annual Chicago Sketch Comedy Festival

By Julia Borcherts

The eighth annual Chicago Sketch Comedy Festival has impeccable timing, given all the sketchy business surrounding politics these days. With 131 shows on three stages featuring local heavyweights alongside national and international acts, the outlook is funny—for the next two weeks at least. Read on for our lineup of not-to-be-missed acts.



Slow Children Crossing:

The all-African-American group from L.A. performs a fast-paced romp through inappropriately humorous situations (think funerals and sex-ed classes).

Hey You Millionaires:

The local trio showcases cerebral dark comedy for the smart set.

See 'em: 9:30 p.m. West stage*

FRIDAY

Ten West: The L.A. team presents a two-man clown show about a pair of hapless pallbearers who get caught up in the mysteries of life, death and ... hay fever.

See 'em: 10 p.m. South stage

SATURDAY

FUCT: The New York ensemble, originally known as the Fordham **Underground Comedy** Troupe, mixes comedy with games, stunts, music and audience participation. See 'em: 8 p.m. West stage

SUNDAY

Best Church of God: A cult fave during its run at Donny's Skybox, this campy, mock church service satirizing religious conservatism includes prayers, hymns, communion and a sermon. See 'em: 3 p.m. North stage

JAN. 15

Broadminded: The Milwaukee-based femmes fatales explore "Star Wars"



geek love, awkward office antics and hippie nursery rhvmes.

PennyBear: A troupe of iO grads performs slice-oflife sketches that are just disturbing enough to be

See 'em: 8 p.m. West stage

JAN. 16

The Imponderables: This four-man Toronto ensemble won the 2005 Canadian Comedy Award for Best Sketch Troupe and claims both "Monty Python" and "Kids in the Hall" as influences. They're also reportedly under consideration for a slot on

See 'em: 9 p.m. South stage

JAN. 17

Siblings of Doctors: Rasika Mathur (MTV's "Wild 'N' Out"), Danny Pudi (TV shows "Gilmore Girls" and "Greek") and Raniit Souri (whose work appeared in "The Best American Essays of 2007") perform sketches and songs about Indian-American life. See 'em: 6 p.m. North stage

JAN. 18

Improvised Wrestling Federation: The local troupe combines comedy with WWF-style antics.

Jumbotron: The Chicago team uses motivational speakers and middle school dances for inspiration. See 'em: 7 p.m. West stage

Ever seen any humor-induced casualties?





THE SKETCHY DETAILS

When: Thursdays-Sundays through Jan. 18 Where: Theatre Building Chicago, 1225 W. Belmont Ave. 773-327-5252. Tickets: \$12.50 per show or \$150 for an all-fest pass. Complete schedule: chicagosketchfest.com. *Note: Performances run 40 minutes on Fridays and Saturdays; Thursdays and Sundays feature two 35-minute

sets by two ensembles.

Five minutes with festival founder Brian Posen:

After eight years of the festival, what's the funniest thing you've seen that wasn't supposed to be funny?

Once, during a sketch, a guy steps in a bucket and is sup-

posed to be stuck in it as he dances. Instead, he starts to dance and the bucket flies into the audience. Fortunately, no one was hurt. And then, there was a sketch with two live chickens. Enough said.

Chickens?

They were rescues and taken home as pets.

An actor actually peed herself onstage from laughing too hard. Yes ... an actor. The audience was laughing equally as hard.

What's the biggest misconception about the festival?

The original name was The Chicago Sketchfest. When we had several calls inquiring if the festival was about drawing, we decided to change the name to The Chicago Sketch Comedy Festival.

What advice do you have for people planning to attend?

Research the groups to see what fits your taste best. It is a one-stop-shop of funny, and everything is on the menu. Also, purchase your weekend tickets in advance. They go quickly.

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FRIDAY FEB 20



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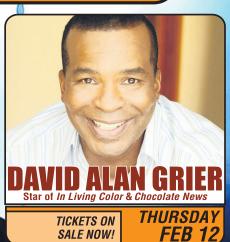




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www.ChicagoSketchFest.com

42 DEGREES N. LATITUDE

Two-for-one entrees 5-10 p.m.; 4500 N. Lincoln Ave. 773-907-2226.

ASHLAND

\$2 PBR and Mickey's tallboys, \$5 40-ounce Mickey's; 2824 N. Ashland Ave. 773-883-

ATLANTIC BAR & GRILL

\$2.50 Bud bottles, \$5.95 shepherd's pie; 5062 N. Lincoln Ave. 773-506-7090.

BLUE BAYOU

\$2.50 domestic drafts, \$4 Jack and Coke cocktails, \$4 Abita beer, half-price bottles of house wine; 3734 N. Southport Ave. 773-871-3300.

BOOTLEGGERS

\$3 Corona bottles, \$3 select mixed drinks, flippy cup tournaments; 13 W. Division St. 312-266-0944.

BRANDO'S SPEAKEASY

\$3 Patron shots, import beers and select cocktails; 343 S. Dearborn St. 773-216-3213.

BUTCH MCGUIRE'S

25 cent wings, \$3 PBR drafts; 20 W. Division St. 312-337-9080.

CHARLESTON

\$3.75 well drinks; 2076 N. Hoyne Ave. 773-489-

CINNERS

\$2 Schlitz cans, \$2 nachos, music trivia 8 p.m.; 4757 N. Talman Ave. 773-654-1624

COOBAH

Half-price bottles of wine, Bossa Saravah performs 7:30-11 p.m.; 3423 N. Southport Ave. 773-528-2220.

COOPER'S

\$5 martinis, \$5 cheese pizzas; 1232 W. Belmont Ave. 773-929-2667.

D.O.C. WINE BAR

7 p.m.: Ladies' Night Out. Includes

complimentary manicures and massages and specials on champagne and wine. No cover. R.S.V.P.: info@shequechicago. com; 2602 N. Clark St.

DIRTY MARTINI

312-638-9033.

Industry Night. \$3 Jameson shots, \$5 bombs, \$2 off martinis; 23 W. Hubbard St. 312-661-1230.

EMERALD LOOP

\$4.50 beer of the month drafts; 216 N. Wabash Ave. 312-263-0200.

EVIL OLIVE

Simply Soul Wednesdays. \$6 20ounce Stella bombs,

NIGHTCRAWLERS

A bright night

Dress up, drink up and party down-that's what plenty of partiers did to give 2009 a proper welcome at River North handouts Manor (below) and Angels & Kings (right) on New Year's Eve. Log on to metromix. com for more hot New Year's photos.











DJs spin. \$5; 1551 W. Division St. 773-235-9100

THE FRANKLIN TAP

\$3 import bottles, \$5 glasses of wine, half-price appetizers with drink purchase after 6 p.m.; 325 S. Franklin St. 312-212-3262.

GASLIGHT BAR AND GRILLE

\$3.50 pints, \$4 cold shots, \$5 sandwiches; 2426 N. Racine Ave. 773-929-7759

THE GRAFTON

\$5 20-ounce Beamish drafts; 4530 N. Lincoln Ave. 773-271-9000

HAMILTON'S PUB

25 cent wings, \$2.75 Michelob Ultra and Bud bottles, \$5.25 Red Bull vodkas, \$7.50 lunch specials (11 a.m.-3:30 p.m.); 6341 N. Broadway. 773-764-8133.

INNJOY

\$1 off glasses of wine, \$2.75 Coors Light bottles, \$4 Sam Adams drafts, half-price large pizzas, DJ Ruin spins; 2051 W. Division St. 773-394-2066.

JBAR

Wii Wednesdays. Free appetizers (6-8 p.m.), \$2 mini-burgers, \$3 beers, \$5 Effen cocktails; 610 N. Rush St. 312-660-7200.

JUNIOR'S SPORTS LOUNGE

Half-price appetizers, \$5 mojitos and select martinis: 724 W. Maxwell St. 312-421-

LA TABERNA TAPATIA

\$1 empanadas, \$3 16ounce Tecate cans; 3358 N. Ashland Ave. 773-248-5475

LANDMARK

Wino Wednesdays. Complimentary flatbread pizzas with bottle purchase (7-8 p.m.), \$5 Absolut vodka cocktails, half-price bottles of wine; 1633 N. Halsted St. 312-597-1600.

MOONSHINE

\$4 Jack Daniels and Finlandia cocktails,

\$4 Moonshine drafts, half-price pizzas; 1824 W. Division St. 773-862-8686.

THE MOTEL BAR

\$4 Amstel Light and Heineken bottles, \$5 Stoli cocktails, \$6 half-pound burgers with fries; 600 W. Chicago Ave. 312-822-2900.

MULLEN'S BAR AND GRILL

25 cent wings, \$2 Miller and Bud bottles; 7301 N. Western Ave. 773-465-2113.

NICK'S ON WILSON

\$5 for a house shot and a select beer \$5 select cocktails; 1140 W. Wilson Ave. 773-271-1155

THE PONY

Half-price glasses of wine and martinis, half-price salads; 1638 W. Belmont Ave. 773-828-5055.

RED IVY

\$3.50 Heineken, Heineken Light and Amstel Light bottles, \$5 individual one-topping pizzas; 3525 N. Clark St. 773-472-0900.

ROSCOE'S TAVERN

\$2.50 Bud, Bud Light and Bud Light Lime bottles, \$6 frozen cocktails, \$6 grape bombs, \$12 Sauza margarita pitchers: 3356 N. Halsted St. 773-281-3355.

SALUD TEQUILA LOUNGE

Half-price appetizers, Fathom DJ spins soul and hip-hop; 1471 N. Milwaukee Ave. 773-235-5577.

SILVER CLOUD BAR & GRILL

\$5 Jack Daniel's, Jim Beam and Jameson cocktails; 1700 N. Damen Ave. 773-489-6212.

THE SMOKE DADDY **RHYTHM AND BAR-B-OUE**

\$2 Miller Lite and High Life bottles; 1804 W. Division St. 773-772-

SONOTHEQUE

\$5 Goose Island bottles with Jager shots; 1444 W. Chicago

Random Acts of Greatness

things we're loving this week



The wild mushroom-barley salad (\$10) at Farmerie 58 (58 E. Ontario St. 312-440-1818). With a rich, bacon-studded sherry vinaigrette, a slab of brie and zero lettuce, we'd happily eat this "salad" anv dav.

The clubby house tunes at otherwise low-key sushi spot Tatsu (1062 W. Taylor St. 312-733-8933) in Little Italy. How could we not partake in a little chair dancing while dining on maki (\$3.50-\$15 per roll) and Thai iced tea (\$2.50)?

Sky Lounge in the Avenue Hotel (160 E. Huron St. 312-787-2900). The cocktail menu's fairly basic and the narrow shape (and rectangular windows) makes it feel a little like a Greyhound bus, but you can't beat its sneaky date potential. With a sparse crowd of hotel guests and tourists, you likely won't see anyone you know here.

Croquetas de queso (\$7) at Bull-Eh-Dia's (3651 N. Southport Ave.). If the prospect of warm croquettes filled with goat cheese doesn't get you, the honey and balsamic drizzle will.

The killer selection of affordable vintage clothing for both guys and gals at Knee Deep Vintage in Pilsen (1425 W. 18th St. 312-850-2510). The owners just returned from an East Coast buying trip, so the racks are looking especially robust.

Join the randomness!

What are you loving this week? Log onto metromix.com to send us your own Random Acts of Greatness. You might just spot your pick in a future issue.

Ave. 312-226-7600.

TANTRUM

\$2 specialty shots, \$3 draft beers, \$3 glasses of wine: 1023 S. State St. 312-939-9160.

UNCLE FATTY'S RUM RESORT

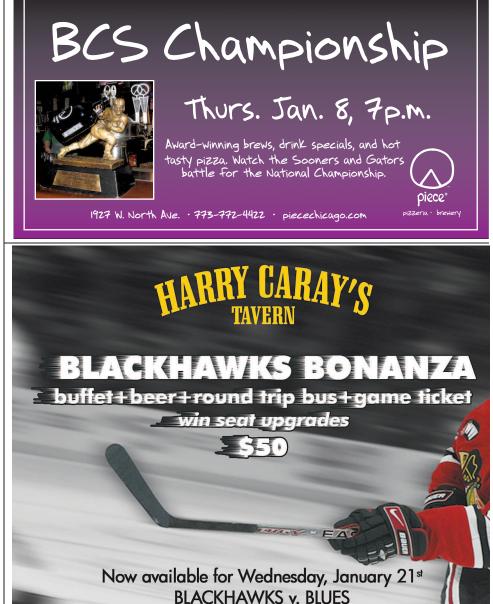
Twister contest

7-9 p.m., dueling pianos 10 p.m.-1 a.m.; 2833 N. Sheffield Ave. 773-477-3661.

WESTEND BAR & GRILL

\$5 salads, \$5 glasses of wine: 1326 W. Madison St. 312-981-7100.





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Winter music Warm-up

The season's top 15 shows keep our ears from freezing over



By Matt Pais

The economy's shot. It's freezing cold. And the wave of summer concerts is five or six months away.

Yep, now's prime time for grumbling! All the more reason to stop complaining and start listening. There are plenty of quality shows coming up to keep you warm until spring—and most of them won't make you break the bank either. Mark your calendars for these 15 finds, and find complete concert info at metromix.com.

Femi Kuti and the **Positive Force**

Jan. 17 at Metro The son of Afrobeat legend Fela Kuti leads his band in the sort of worldly jams not normally heard around Wrigleyville. Hot stuff.

Bishop Allen

Jan. 18 at Schubas Indie rockers with lots of cred and no pretense. You may have seen them in "Nick and Norah's Infinite Playlist."

Adele

Jan. 19 at Park West The British soul singer scored four Grammy nods, including Best New Artist and Record of the Year for "Chasing Pavements." This is what Amy Winehouse might sound like if she was capable of feeling something.

The Killers

Jan. 20 at UIC Pavilion Vegas rockers play songs from their latest, "Day and Age." Who knew modern rock could be so glossy?

Animal Collective

Jan. 22 at Metro Grade-A oddballs release their latest, "Merriweather Post Pavilion," Jan. 20. This show should prove yet again that some bands can make weirdness and unpredictability work for them, not against them.

Metallica

Jan. 26-27 at Allstate Arena They may not be the same lunatics they were 20 years ago. But the riffs on the band's new "Death Magnetic" can still melt

snow-or your face. For die-hard fans or haters who can't believe the band did an album with an orchestra, Metallica is a train that chugs whether you like it or not.

Delta Spirit

Feb. 14 at Double Door No better way to escape winter than with a San Diego band whose fulllength debut is called "Ode to Sunshine." These guys pull soul from rock the way Cold War Kids once did. Odd choice for Valentine's Day, though.

Loney, Dear

March 1 at Schubas A Swedish singersongwriter whose pop ditties often sound mighty chilly. We're eager for his upcoming record, "Dear John," out Jan. 27.

Dan Auerbach

March 6 at Metro The Black Keys' frontman releases his solo debut. "Keep it Hid," Feb. 10. Get it, then see the rollicking singer-guitarist strut his stuff.

Tapes 'n Tapes

March 7 at Metro Minneapolis group takes indie rock to strange, intense and exciting places. Singer Josh Grier's voice sounds both comforting and uneasy.

Chairlift

March 14 at Schubas An iTunes band that deserves to be more than a one-hit wonder. You've heard their "Bruises' on TV, now hear more of the sort of dream-pop that makes you want to stay asleep for days.

Flogging Molly

March 17 at **Congress Theater** If there's an easy way to remind yourself that the winter blues don't last forever, it's knowing that St. Patrick's Dav's only a few months off. These L.A. punks deliver top-notch drinking songs, though by showtime the crowd probably won't need the encouragement.

Cut Copy

March 18 at Vic Theatre Australian dance-rock that demands colorful clothing from its fans. Your hipster friends already have tickets.

Katy Perry

March 26 at House of Blues Spring will have just arrived, but temps will likely dip deeper than you want them to. Perfect time for the love-her-or-hate-her "Hot N Cold" singer to come back to town, her garish outfits making as big of an impression as her radio hits.

Britney Spears

April 28-29 at Allstate Arena OK, winter weather will officially be over by now. But she's, like, totally back! And while the pop megastar's new "Circus" recycles a lot of what she's done before, it's not terrible, and it's safe to say fans are just happy to see her back onstage and far away from photographers and hair trimmers. A spectacle worth seeing, if not hearing.

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Saturday, Jan. 10



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Andrew Zimmern

Sunday, Jan. 11



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SOUNDCHECK

On sale 10 a.m. Wednesday

The August, Saturday, Feb. 21 (\$8, 21+) at Martyrs'.

Aviary Ghost, Leslie **Hunt, Time Bomb** Symphony, Ellie Maybe, Friday, Jan. 30 (\$8, 21+) at Martyrs'.

Howling Poppies, Tim Stopulos, The Sweeps, Thursday, Jan. 29 (\$7, 21+) at Martyrs'.

The Spares, The Hue, Friday, Feb. 20 (\$10, 21+) at Martyrs'.

On sale 11 a.m. **Friday**

Corky Siegel and Jim Schwall, Saturday, Jan. 17 (\$20, 21+) at SideBar at FitzGerald's.

Count Basie Orchestra, Sunday, Feb. 8 (\$20-\$25, 21+) at FitzGerald's.

Joe Ely, Thursday, Feb. 5 (\$16-\$20, 21+) at FitzGerald's.

Lil' Ed and the Blues Imperials, Lurrie Bell. Friday, Jan. 30 (\$10, 21+) at FitzGerald's.

On sale noon **Friday**

Bryan Scary and the Shredding Tears, This is Me Smiling, Thursday, Feb. 26 (\$10-\$12, 18+) at Schubas.

Chairlift, Yacht. Saturday, March 14 (\$12, 18+) at Schubas.

Sybris, Blueblood, Tiger Spirit, Friday, Feb. 6 (\$10, 21+) at Schubas.

On sale 10 a.m. Saturday

Avenged Sevenfold, **Buckcherry, Papa** Roach, Friday, Feb. 27 (\$39.75, all ages) at Allstate Arena.

Dave Barnes, Friday, March 6 (\$16, all ages) at Subterranean.



Trevor Hall, Saturday, Feb. 28 (\$13, all ages) at Beat Kitchen.

K'Naan, Sunday, Feb. 8 (\$13, all ages) at Subterranean.

Toby Keith, Jack Ingram, Saturday, Feb. 21 (\$34.75-\$49.75, all ages) at Rockford MetroCentre.

Kottonmouth Kings, Wednesday, March 11 (\$23-\$25.50, all ages) at House of Blues.

Mark Olson and Gary Louris, Friday, Feb. 20

(\$25, 18+) at Park West.

Joshua Radin, Meiko, Jesse Harris, Tuesday, March 3 (\$18, 18+) at Park West.

That 1 Guy, Wednesday. March 4 (\$10, all ages) at Schubas.

Umphrey's McGee, Monday, Jan. 19 (\$20-\$27. 18+) at Vic Theatre.

On sale noon **Saturday**

18+ *Charges may apply to certain features.

A-Trak, Bald Eagle, The Hood Internet, Friday,

Feb. 13 (\$15, 21+) at Smart

Arma, The Secondary, Thursday, Feb. 5 (\$5, 21+) at Double Door.

The Bakerton Group, The Reverend Payton's Big Damn Band, Red Fang, Wednesday,

Feb. 18 (\$13, 21+) at Double

Edith Blade, Rabidears, Gunrunner, Saturday, Feb. 28 (\$6, 21+) at Double

Love Me Electric, American Taxi, Danger is My Middle Name, The Insecurities, Saturday, Feb. 21 (\$10, all ages) at Metro.

Max-A-Million, Morris Mills, Ugochi, Friday, Feb. 27 (\$20, 21+) at Double Door.

Raw Footage, Monk Mobley, On We, Flabby Hoffman, Tuesday, Feb. 10 (\$6, 21+) at Double Door.

ANDREW FRAKER AND SONS, WEBER BAND, BECKON Q, **LESLIE HUNT**

8 p.m. \$7. Schubas, 3159 N. Southport Ave. 773-525-2508.

ASH AVENUE, SHE SWINGS, SHE SWAYS 9 p.m. \$6-\$8. Abbey Pub, 3420 W. Grace St. 773-478-4408.

CANADIAN RIFLE, SLEEPWELL, **DAYLIGHT ROBBERY** 9 p.m. \$8. Beat Kitchen, 2100 W. Belmont Ave. housecallent.com

CORNMEAL 9 p.m. \$10. Martyrs', 3855 N. Lincoln Ave. 773-404-9869.

DAVE SPECTER 9:30 p.m. \$10. Buddy Guy's Legends, 754 S. Wabash Ave. 312-427-0333.

DEADSET, PHOENIX DOWN, ASHLEY **BROOKE TOUSSANT** 8:30 p.m. \$7. Elbo Room. 2871 N. Lincoln Ave. 773-549-5549.

FAST BULLETS, ROYAL PINES. MIDWESTERN MASS 8 p.m. \$5-\$8. Bottom Lounge, 1375 W. Lake St. 312-666-6775.

INDIGO TRIO

9:30 p.m. \$10. Hideout, 1354 W. Wabansia Ave. 773-227-4433.

JOZEF VAN WISSEM, DEWAYNE SLIGHTWEIGHT, **TARALIE PETERSON** 9 p.m. \$8. Empty Bottle, 1035 N. Western Ave. 773-

276-3600. QUATRE TETE,

WITH A GUN, DR. V, **BULLET CALLED LIFE**

9 p.m. Free. Double Door, 1572 N. Milwaukee Ave. 773-489-3160.

SUE FINK

8 p.m. Tips/donations. Uncommon Ground on Clark, 3800 N. Clark St. 773-929-3680.

SWEETWATER MELTDOWN

9 p.m. Free. Abbey Pub, 3420 W. Grace St. 773-478-4408.



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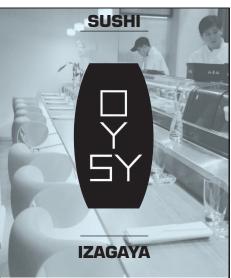
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jan. 8 Thursday ... No Cover! • \$2 You call it ¬ Dickey Pimpkins FREE SHOW!

. jan. **9 Friday —**

Kevin Mileski • Markit 8 · Kaiser Keller • Gene Yaas

- _{jan}. **10 Saturday -**

loo White Crew Rock Candy



jan. 15 Thursday ... No Cover! • \$2 You call it FREE SHOW! Trash Martini

. jan. **16 Friday —**

40% Steve · Sunfallen • Clayton Anderson Band

. _{jan.} 17 Saturday 🗕

Parliament funkadelic



Sundays ... No Cover! -Salsa Sundays

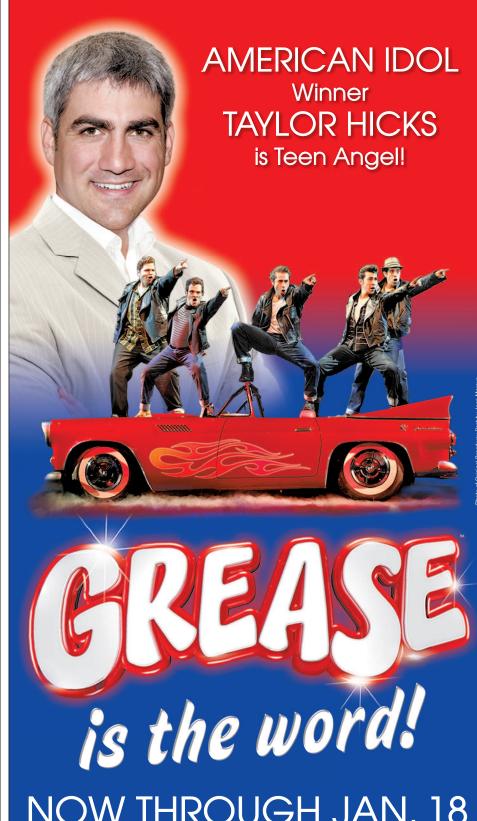
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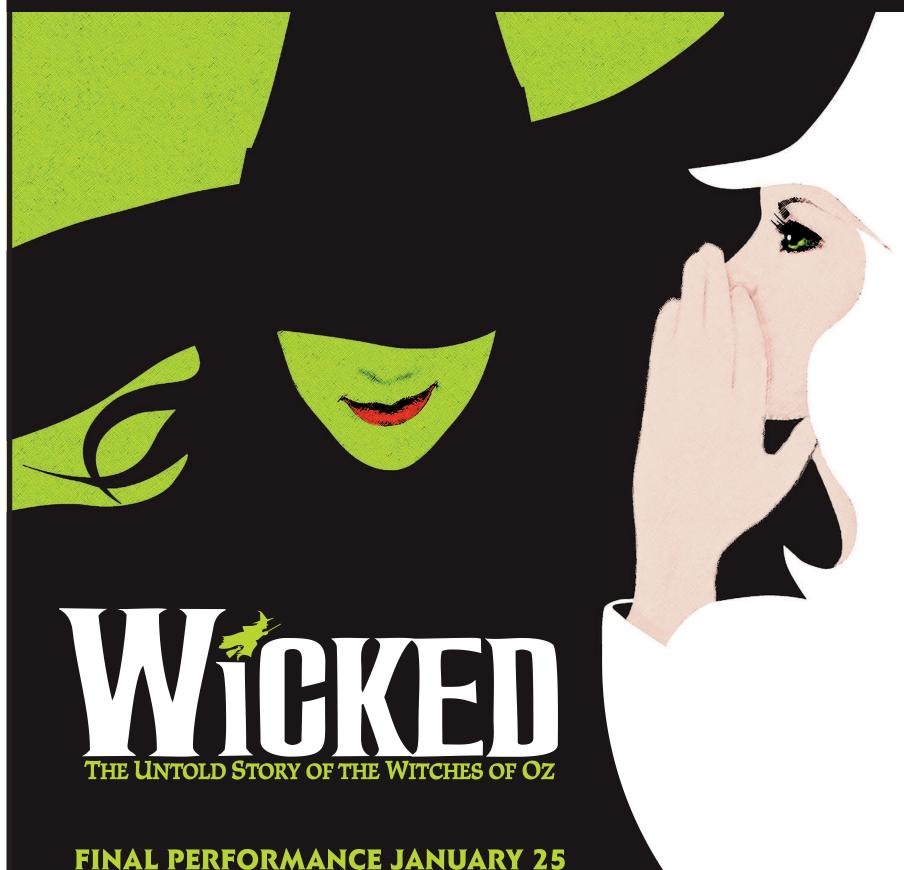
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REDEYE I WEDNESDAY

If you work out in the

evenings, don't stop

mail, phone messages-and

refrigerator-will still be there

at home from work. The

Use mustard

instead of mavo.

after your exercise.

pop

- Drink diet soda instead of regular.
- 2 Keep a packed gym bag in your car at all times. That way you're always ready to work out.
- By noon tomorrow, do something that has you in a full sweat.
- When you go into the boss' office, balance on one leg. It will strengthen your core.



Don't skip breakfast. When we're hungry, we make bad choices.

10 Eat slowly.



Keep in mind that one portion of meat is the size of a deck of cards.

Eat fish twice a week.
Omega-3 fatty acids are good for the heart.



Take the stairs instead of the elevator to build in some exercise time.



Always have salad dressing on the side.

22 Eat your last meal of the day at least three hours before bedtime.

Bake, grill, microwave or steam foods instead of frying.



Include two servings of fruit or veggies at every meal.

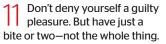


Pick out a 5K or bike ride in your community and pay your registration fee well in advance. That way you won't drop out.

Tell a friend that you did No. 6. Now that you opened your mouth, you gotta do it.



Eat from a salad plate instead of a dinner plate.



12 Keep a food journal.

13 Sit when you eat.



Drink alcohol only on the weekends.

15 Order one dessert and share it.



Change your life with 52 simple tips

The problem with New Year's resolutions is that they're way too big. Lose 30 pounds! Work out every day of the week! Quit eating sweets! We've been there and we know, big resolutions lead to big disappointments when our

resolve starts to soften around Feb. 1. So for 2009, we

recommend a new tack: Start small. Very small. With this

in mind, here are 52 small tips. One for every week of the

that each small tip represents a practical and manageable

year. We can't guarantee miracles. But we can guarantee

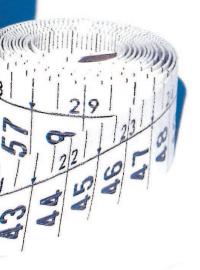
South Florida Sun Sentinel

change for the better.

Before you eat a calorieladen treat, go to caloriesperhour.com to see how long you must exercise to burn the calories.

Use fat-free or 1 percent dairy products.

Set little goals and reward yourself, but not with food.



If you work out in the mornings, set your clothes out the night before so you'll get dressed by rote.



Curtail your treat consumption.

Substitute Greek yogurt for sour cream-a healthier choice without compromising taste.



Use olive oil on bread instead of butter.

Skip sugar-laden exercise drinks. You're probably not working out hard enough to need the electrolytes they provide. Instead, have watery fruits such as watermelon or grapes in addition to water for hydration.

Choose egg whites instead of whole eggs.



ರ food before adding salt.

When 34 wnen ordering in a restaurant, ask the server to bring you half of the meal

and pack the other half to take home.

Trim all visible fat from meat.

Gradually shift from eat-Gradually Stills from each ing white-flour pasta to whole-wheat by mixing half of each until you're accustomed to the flavor and texture of whole wheat.



for white potatoes.

Park far from an entrance and walk instead of driving around to find a closer spot. Saves gas too.

Rather than sitting and having a conversation, take a walk with a friend or loved one to talk about the day's events.



Eat whole wheat instead of white bread.

Combine a small bit of protein with carbohydrates to keep your blood sugar from spiking and making you feel hungry. For example, add a few nuts to your fruit snack.

42 Check out several exercise CDs or tapes from your local library. Try them all and buy the ones you like.

Alter your exercise routine to avoid getting bored. If you take an aerobics class one day, try yoga another.

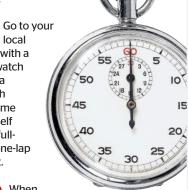
Get a workout partner so you encourage each other.

Schedule your workout like an appointment so skipping the gym is not an option.

Create a daily log of fitness activities with specific goals, then keep track of them.

local track with a stopwatch once a month and time yourself for a fullout, one-lap sprint.

52 When you're home watching TV, sit on a large exercise ball, rather than the couch, to tighten your core.





Entertain yourself

Pants off, pride off

Talk about overexposure. A skier in Vail, Colo., was captured on film being depantsed in a bizarre chairlift mishap that left him hanging upside down, pants around his ankles. See for yourself at thesmokinggun.com.



More Close calls Glenn Close (above) returns at 9 p.m. Tuesday as morally challenged attorney Patty Hewes in FX's gripping, wonderfully convoluted drama "Damages." Read more at redeyechicago.



com/showpatrol.

Get the munchies

You may feel hungry after watching the oodles of extras on the newly released two-disc DVD set of "Pineapple Express," starring James Franco and Seth Rogen (above).

Translation, please

If you thought the news that Beatles songs were available for free download was too goo to be true, you were right. The Norwegian Web site that planned to offer the podcast series for download has pulled back "for legal reasons." They're still being streamed, but you had better speak Norwegian. Go to nrk.no/beatles.



Substitute sweet potatoes

Replace high-fat snacks with fruit.

Always keep nuts and 44 Ariwaya Noop dried fruit with you so you don't get hungry.

Instead of eating whole almonds, eat slivers. You'll feel like you're eating

46 Find workout activities your friends or family can do together.

34 REDEYE I WEDNESDAY

Who walsh

Clothes minded

They say you can't really know a man until you've walked a mile in his shoes. But what if you've worn his pants?

That's exactly what Johnny Depp did while filming "Public Enemies," the story of Depression-era gangster John Dillinger, who was gunned down in Chicago back in the day.

Depp tells Entertainment Weekly in a new interview that he actually wore the pants Dillinger had on when he was shot by authorities.

"It was amazing," he says. "And—get this—we're the same size!"

While it's cool Depp was able to slip into historic slacks, his interview got us thinking about the more recent duds we'd like to see him try on. Here, our picks for the celeb threads and accessories with which we'd fill out Depp's closet.



Beyonce's robot hand thingyB's "Single Ladies" video is a Web
sensation, thanks in no small part to the
bizarre metallic glove she's wearing in
the smoking hot dance number. Depp
could rock that bling like he did in
"Edward Scissorhands."



Pete Wentz's hoodie
Depp doesn't seem to be the kind of
guy to squeeze into skinny jeans like
the Fall Out Boy rocker, but we could
totally see him chilling out in Wentz's
trademark sweatshirt.



Lady GaGa's glasses Depp comes off as a brooding kinda guy. If he's gonna wear sunglasses at

night, he should at least take a page from the book of GaGa and go for shades that have a little sparkle to them.



Craig Ferguson's suits The "Late Late Show" host, who

Show" host, who got hitched to girlfriend Megan Wallace over

the holidays, wears some mean business attire.



Anything from The Killers Those guys wear some wild Vegasstyle threads.

Wouldn't it

be nice if Depp wore a sport coat every once in a while?







Think you can beat John? E-mail redeyeeditor@tribune. com or text "John" and your e-mail address to 32332.

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Listen to John Williams from 5 to 9 a.m. on News/Talk 720 WGN.

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TUESDAY'S SOLUTIONS

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- ACROSS Medieval oboe
- Onion covering Lock with a pin
- Dern or Davies
- Pakistani tongue As far as
- Of times past
- Bum around Mardi
- Pedestal's base

- Smiling cat Egyptian port Mythic know-it-alls Actor Linden
- Puccini piece
- Ms. Gardner Team in a yoke
- Surrounding
- 40 Medleys 42 "For Me and My _"
- 43 Varnish ingredient 44 Mulch ingredients
- 47 Singer Turner
- 48 Silver or Wood 49 End-of-the-week
- cheer Stitch
- 52 Dry white wine
- 56 Ivy League school 58 Rigorous appraisal
- 60 Smith of "California Suite"
- 64 "Peter Pan" pooch
- 65 Where China is 67 Miffed to the max
- 68 Unhappy
- 69 Peddle 70 Fight off

- 71 Facilitate 72 Former spouses
- 73 Flower holders

DOWN

- Food for hogs Corridor
- Small birds
- Site of the Palazzo

40

- Big __, CA Fast-food magnate Ray
- Western state
- First of a line of French kings
- Month for fools?
- Gawk
- False fronts
- Roll-call answer Take pleasure in
- Insults wittily Basketball goal
- 28 Bar in a car 50 Natural talents "Star Wars" princess Nautical command

Bend 36 Lyric lamentation

goddess Blissful cloud

39 Grind one's teeth41 Young salmon

46 Old Thailand

Taking time off

Egyptian fertility

- Canine malady Florida city 52 53
- University in South 54 Congestion location
 - 55 English county 57 White heron
 - 59 Fork part

 - 61 Stare in awe 62 Single thing
 - 63 Adult elvers
 - 66 Want _



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36 REDEYE | WEDNESDAY

redhot

For a guy getting out of music, Lupe Fiasco appears to be taking the long way out. Or is he?

The Internet is buzzing with speculation that Lupe is now rockin' the mic for the UK post-punk group Japanese Cartoon. While Lupe has remained quiet on rumors, the group's frontman, Percival Fats, spoke out.

"Lupe does finance the band but is NOT I REPEAT NOT THE SINGER IN JAPANESE CARTOON," Fats wrote on the band's MySpace blog.

Listen for yourself at myspace.com/japanesecartoon



Number of pounds Queen Latifah dropped last year using the Jenny Craig diet program. She will stay on as a spokeswoman for the brand in 2009, the company said in a statement Tuesday.

Fiasco GETTY IMAGES FILE



LiLo, SamRo breakup?

Lindsay Lohan on Monday denied rumors that she has split with gal pal Samantha Ronson. "It's really annoying to have all of your friends emailing you saying, i saw, i read, etc... NOT TRUE," Lohan wrote on her blog. Meanwhile, Papa Lohan on Tuesday used his blog to celebrate reports of a relationship on the rocks.

Travolta services

Actor John Travolta and wife Kelly Preston have returned to Florida with the ashes of their 16-year-old son, Jett, who died Friday at the family vacation home in Grand Bahama, according to The Associated Press. They are planning a memorial service Thursday in Ocala, Fla., Travolta's publicist said.



Young

Meet Toby Young

Look for British food critic Toby Young, "Top Chef's" mean new judge, in Wednesday's episode. Young told Metromix New York, "I think I was probably a little harder on the contestants than they're used to, primarily because I'm British." He did, however, compliment co-judge

Padma Lakshmi: "It's as though she's accompanied by her own lighting system."



"I had a spray tan done once.... Hooked like a giraffe with leprosy. And I

smelled like nachos and maple syrup the whole time."

-Anne Hathaway to New York magazine. Her character in the upcoming "Bride Wars" has a spray-tan accident.

